

We claim:

1. A ready-to-drink nutritional product comprising:
 - a) from about 37 to 47% of calories from fat;
 - b) from about 53 to 62% of calories from protein;
 - c) less than 5% of calories from carbohydrates;
 - d) vitamins;
 - e) minerals; and
 - f) water.
2. The ready-to-drink nutritional product according to claim 1 wherein said fat comprises vegetable oil.
3. The ready-to-drink nutritional product according to claim 1 wherein said fat consists of corn oil, safflower or sunflower oil, canola oil and mixtures thereof.
4. The ready-to-drink nutritional product according to claim 1 wherein said fat is a mixture of corn oil, high oleic safflower or sunflower oil and canola oil.
5. The ready-to-drink nutritional product according to claim 1 wherein said protein is selected from the group consisting of soy protein, caseinates, milk protein isolates and mixtures thereof.
6. The ready-to-drink nutritional product according to claim 1 wherein said protein is a mixture of soy protein isolate and calcium caseinate.
7. The ready-to-drink nutritional product according to claim 1 additionally comprising potassium citrate and DMP.

8. A ready-to-drink nutritional product comprising by weight:

- a) about 0.4 to about 0.6% corn oil;
- b) about 0.5 to about 0.8% high oleic sunflower oil;
- c) about 0.8 to about 1.1% canola oil;
- d) about 0.1 to about 0.2% lecithin;
- e) about 4.0 to about 6.0% soy protein isolate;
- f) about 4.0 to about 6.0% calcium caseinate; and
- g) about 83 to about 93% water.

9. The ready-to-drink nutritional product according to claim 8 additionally comprising potassium citrate and DMP.

10. The ready-to-drink nutritional product according to claim 8 additional comprising vitamins and minerals.